

FIG. 3

Time	Starting Sugar	Toasts	Meal	Dose	Insulin	Total	Ending Sugar
8:00 am	144	2 ⁺¹⁰⁸	1 ⁺¹⁰⁸	1	16 ⁻⁴³²	-432	-180
				2			
				3			
						-432	

FIG. 4

Time	Starting Sugar	Toasts			Meal			Insulin	Dose			Total	Ending Sugar
		1	2	Total	1	2	Total		1	2	3		
8:00 am	144	2 ⁺¹⁰⁸		+36	+36			16 ⁻⁴³²					180
9:00 am	180			+36	+36								216
10:00 am	216			+36	+36				-27			-27	225
11:00 am	225								-27			-27	198
12:00 pm	198								-27			-27	171
1:00 pm	171								-27			-27	144
2:00 pm	144								-27			-27	117
3:00 pm	117								-27			-27	90

FIG. 5

Time	Starting Sugar			Toasts			Meal			Insulin	Dose			Ending Sugar		
		1	2		1	2		1	2		1	2	3		Total	
6:00 am	144									16 ⁻⁴³²				144		
7:00 am	144													144		
8:00 am	144			2 ⁺¹⁰⁸			+36				-27			153	-27	
9:00 am	153						+36				-27			162	-27	
10:00 am	162						+36				-27			171	-27	
11:00 am	171										-27			144	-27	
12:00 pm	144										-27			117	-27	
1:00 pm	117										-27			90	-27	

FIG.6

Time	Starting Sugar	Toasts			Meal			Insulin	Dose			Total	Ending Sugar
		1	2	Total	1	2	Total		1	2	3		
8:00 am	144							16 ⁻⁴³²					144
9:00 am	144												144
10:00 am	144	2 ⁺¹⁰⁸		+36	+36				-27			-27	153
11:00 am	153			+36	+36				-27			-27	162
12:00 pm	162			+36	+36				-27			-27	171
1:00 pm	171								-27			-27	144
2:00 pm	144								-27			-27	117
3:00 pm	117								-27			-27	90

FIG. 7

Time	Starting Sugar	Toasts		Meal		Insulin	Dose			Ending Sugar
		1	2	1	2		1	2	3	
8:00 am	144					16 432				144
9:00 am	144	1 ⁺⁵⁴		+18						162
10:00 am	162			+18			-27			153
11:00 am	153			+18			-27			144
12:00 pm	144	1 ⁺⁵⁴		+18			-27			135
1:00 pm	135			+18			-27			126
2:00 pm	126			+18			-27			117
3:00 pm	117						-27			90

FIG. 8A

[illegible]

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FIG. 9A












Time	Starting Sugar	Meal			Insulin	Dose			Ending Sugar
		Toasts	1	2		1	2	3	
8:00 am									
9:00 am									
10:00 am									
11:00 am									
12:00 pm									
1:00 pm									
2:00 pm									
3:00 pm									

FIG. 9B

Time	Starting Sugar	Meal			Insulin	Dose			Total	Ending Sugar
		Toasts	1	2		1	2	3		
4:00 pm		1 ⁺⁵⁴			1 ⁻²⁹ 7	16			-16	
5:00 pm						16			-16	
6:00 pm		3 ⁺¹⁶²				16	32		-48	
7:00 pm						16	32		-48	
8:00 pm						16	32		-48	
9:00 pm		1 ⁺⁵⁴				16	32		-48	
10:00 pm							32		-32	
11:00 pm							32		-32	

FIG. 9C

[illegible]

FIG.10A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴	+18		+18	1 ⁻²⁹⁷	-32.5			-32.5	126
9:00 am	126		+18		+18		-32.5			-32.5	144
10:00 am	144	1 ⁺⁵⁴	+18	+18	+36		-32.5			-32.5	148
11:00 am	148			+18	+18		-32.5			-32.5	133
12:00 pm	133	3 ⁺¹⁶²	+54	+18	+72		-32.5			-32.5	173
1:00 pm	173		+54		+54		-32.5			-32.5	195
2:00 pm	195	1 ⁺⁵⁴	+54	+18	+72		-32.5			-32.5	234
3:00 pm	234			+18	+18		-32.5			-32.5	220

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FIG. 10B

Time	Starting Sugar	Toasts		Meal		Insulin	Dose			Ending Sugar
		1	2	1	2		1	2	3	
4:00 pm	220	1 ⁺⁵⁴		+18	+18	1 ⁻²⁹⁷	-16			240
5:00 pm	240			+18			-16			242
6:00 pm	242	3 ⁺¹⁶²		+18	+54		-16	-32		266
7:00 pm	266				+54		-16	-32		272
8:00 pm	272				+54		-16	-32		278
9:00 pm	278	3 ⁺⁵⁴		+18			-16	-32		248
10:00 pm	248			+18				-32		234
11:00 pm	234			+18				-32		220

FIG. 10C

[illegible]

FIG. 11A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴	+18		+18	1 ⁻²⁹					126
9:00 am	126		+18		+18						144
10:00 am	144	1 ⁺⁵⁴	+18	+18	+36		-32.5			-32.5	147.5
11:00 am	147.5			+18	+18		-32.5			-32.5	133
12:00 pm	133	3 ⁺¹⁶²	+54	+18	+72		-32.5			-32.5	172.5
1:00 pm	172.5		+54		+54		-32.5			-32.5	194
2:00 pm	194	1 ⁺⁵⁴	+54	+18	+72		-32.5			-32.5	233.5
3:00 pm	233.5			+18	+18		-32.5			-32.5	219

FIG. 11B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	219	1 ⁺⁵⁴	+18	+18	+36		-16.2			-16.2	239
5:00 pm	239		+18		+18		-16.2			-16.2	240.5
6:00 pm	240.5	3 ⁺¹⁶²	+18	+54	+72	1 ⁻²⁹⁷	-16.2			-16.2	296.5
7:00 pm	296.5			+54	+54		-16.2			-16.2	334
8:00 pm	334			+54	+54		-16.2	-32.4		-48.6	339.5
9:00 pm	339.5	1 ⁺⁵⁴	+18		+18		-16.2	-32.4		-48.6	309
10:00 pm	309		+18		+18			-32.4		-32.4	294.5
11:00 pm	294.5		+18		+18			-32.4		-32.4	280

FIG. 11C

Time	Starting Sugar	Meal			Insulin	Dose			Ending Sugar
		Toasts	1	2		1	2	3	
12:00 am	280						-32.4		247.5
1:00 am	247.5						-32.4		215
2:00 am	215						-16.2		199
3:00 am	199						-16.2		183
4:00 am	183						-16.2		166.5
5:00 am	166.5						-16.2		150.5
6:00 am	150.5						-16.2		134
7:00 am	134						-16.2		118

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FIG.12A

Time	Starting Sugar	Toasts		1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴		+18		+18	15 ⁻⁴⁰⁵					126
9:00 am	126			+18		+18						144
10:00 am	144	1 ⁺⁵⁴		+18	+18	+36		-45			-45	135
11:00 am	135				+18	+17		-45			-45	108
12:00 pm	108	3 ⁺¹⁶²		+54	+18	+72		-45			-45	135
1:00 pm	135			+54		+54		-45			-45	144
2:00 pm	144	1 ⁺⁵⁴		+54	+18	+72		-45			-45	171
3:00 pm	171				+18	+18		-45			-45	144

FIG. 12B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	144	1 ⁺⁵⁴	+18	+18	+36	7 -189	-22.5			-22.5	157.5
5:00 pm	157.5		+18		+18		-22.5			-22.5	153
6:00 pm	153	3 ⁺¹⁶²	+18	+54	+72		-22.5	-21		-43.5	181.5
7:00 pm	181.5			+54	+54		-22.5	-21		-43.5	192
8:00 pm	192			+54	+54		-22.5	-21		-43.5	202.5
9:00 pm	202.5	1 ⁺⁵⁴	+18		+18		-22.5	-21		-43.5	177
10:00 pm	177		+18		+18			-21		-21	174
11:00 pm	174		+18		+18			-21		-21	171

FIG. 12C

[illegible]

FIG.13A

Time	Starting Sugar	Toasts		1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴		+18		+18	18 ⁻⁴⁸⁶					126
9:00 am	126			+18		+18						144
10:00 am	144	1 ⁺⁵⁴		+18	+18	+36		-54			-54	126
11:00 am	126				+18	+18		-54			-54	90
12:00 pm	90	3 ⁺¹⁶²		+54	+18	+72		-54			-54	108
1:00 pm	108			+54		+54		-54			-54	108
2:00 pm	108	1 ⁺⁵⁴		+54	+18	+72		-54			-54	126
3:00 pm	126				+18	+18		-54			-54	90

FIG. 13B

Time	Starting Sugar	Toasts		1		2		Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	90	1 ⁺⁵⁴		+18	+18			+36	4 ⁻¹⁰⁸	-27			-27	99
5:00 pm	99			+18				+18		-27			-27	90
6:00 pm	90	3 ⁺¹⁶²		+18	+54			+72		-27	-13		-40	122
7:00 pm	122				+54			+54		-27	-13		-40	136
8:00 pm	136				+54			+54		-27	-13		-40	150
9:00 pm	150									-27	-13		-40	110
10:00 pm	110	1 ⁺⁵⁴		+18				+18			-13		-13	115
11:00 pm	115			+18				+18			-13		-13	120

FIG.14

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18 18					144
9:00 am	144										144
10:00 am	144	2 ⁺¹⁰⁸	+36		+36		-54			-54	126
11:00 am	126		+36		+36		-54			-54	108
12:00 pm	108		+36		+36		-54			-54	
1:00 pm	90						-54			-54	
2:00 pm							-54			-54	
3:00 pm							-54			-54	

FIG.15

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18 ⁻⁴⁸⁶					144
9:00 am	144										144
10:00 am	144	2 ⁺¹⁰⁸	+36		+36		-54			-54	126
11:00 am	126		+36		+36		-54			-54	108
12:00 pm	108		+36		+36		-54			-54	90
1:00 pm	90	3.5 ⁺¹⁸⁹	+63		+63		-54			-54	99
2:00 pm	99		+63		+63		-54			-54	108
3:00 pm	108		+63		+63		-54			-54	117

FIG. 15 b

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	117					4 -108	-27			-27	90
5:00 pm	90	3 ⁺¹⁶²	+54		+54		-27			-27	117
6:00 pm	117		+54		+54		-27	-12		-39	132
7:00 pm	132		+54		+54		-27	-12		-39	147
8:00 pm	147	1 ⁺⁵⁴	+18		+18		-27	-12		-39	126
9:00 pm	126		+18		+18		-27	-12		-39	105
10:00 pm	105	1 ⁺⁵⁴	+18	+18	+36			-12		-12	129
11:00 pm	129		+18		+18			-12		-12	135

FIG. 15c

Time	Toasts			Insulin			Ending Sugar		
	1	2	Total	1	2	3	1	2	Total
12:00 am	135	+18	+18		-6		147	-6	141
1:00 am	147				-6		141	-6	135
2:00 am	141				-6		135	-6	129
3:00 am	135				-6		129	-6	123
4:00 am	129				-6		123	-6	117
5:00 am	123				-6		117		117
6:00 am	117						117		117
7:00 am	117						117		117

FIG.16

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18 486					144
9:00 am	144										144
10:00 am	144	2 ⁺¹⁰⁸	+36		+36		-54			-54	126
11:00 am	126		+36		+36		-54			-54	108
12:00 pm	108	2.5 ⁺¹³⁵	+36	+45	+81		-54			-54	135
1:00 pm	135			+45	+45		-54			-54	126
2:00 pm	126			+45	+45		-54			-54	117
3:00 pm	117	1 ⁺⁵⁴	+54		+54		-54			-54	117

FIG. 17A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴	+18		+18	18 ⁻⁴⁸⁶					126
9:00 am	126		+18		+18						144
10:00 am	144	1 ⁺⁵⁴	+18	+18	+36	4 ⁻¹⁰⁸	-54			-54	126
11:00 am	126			+18	+18		-54			-54	90
12:00 pm	90	5 ⁺²⁷⁰	+90	+18	+108		-54	-13		-67	131
1:00 pm	131		+90		+90		-54	-13		-67	154
2:00 pm	154		+90		+90		-54	-13		-67	177
3:00 pm	177						-54	-13		-67	110

FIG. 17B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	110	2 ⁺¹⁰⁸	+36		+36	6 ⁻¹⁶²	-27	-13		-40	106
5:00 pm	106		+36		+36		-27	-13		-40	102
6:00 pm	102		+36		+36		-27	-5	-18	-50	88
7:00 pm	88	3 ⁺¹⁶²	+54		+54		-27	-5	-18	-50	92
8:00 pm	92		+54		+54		-27	-5	-18	-50	96
9:00 pm	96		+54		+54		-27	-5	-18	-50	100
10:00 pm	100	2 ⁺¹⁰⁸	+36		+36			-5	-18	-23	113
11:00 pm	113		+36		+36			-5	-18	-23	126

FIG. 17C

Time	Toasts			Insulin			Ending Sugar
	1	2	Total				
12:00 am		+36	+36			-9	153
1:00 am						-9	144
2:00 am						-9	135
3:00 am						-9	126
4:00 am						-9	117
5:00 am						-9	108
6:00 am							108
7:00 am							108

FIG. 18A

Time	Starting Sugar	Toasts		1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴		+18		+18	18 ⁻⁴⁸					126
9:00 am	126			+18		+18						144
10:00 am	144	1 ⁺⁵⁴		+18	+18	+36	4 ⁻¹⁰⁸	-54			-54	126
11:00 am	126				+18	+18		-54			-54	90
12:00 pm	90	5 ⁺²⁷⁰		+90	+18	+108		-54	-13		-67	131
1:00 pm	131			+90		+90		-54	-13		-67	154
2:00 pm	154			+90		+90		-54	-13		-67	177
3:00 pm	177							-54	-13		-67	110

FIG. 18B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	110	2 ⁺¹⁰⁸	+36		+36		-27	-13		-40	106
5:00 pm	106		+36		+36		-27	-13		-40	102
6:00 pm	102	1 ⁺⁵⁴	+36	+18	+54		-27	-5		-32	124
7:00 pm	124			+18	+18		-27	-5		-32	110
8:00 pm	110			+18	+18		-27	-5		-32	96
9:00 pm	96	1 ⁺⁵⁴	+18		+18		-27	-5		-32	82
10:00 pm	82		+18		+18			-5		-5	95
11:00 pm	95		+18		+18			-5		-5	108

FIG. 18C

Time	Toasts	Total	Insulin	Ending Sugar
12:00 am				108
1:00 am				108
2:00 am				108
3:00 am				108
4:00 am				108
5:00 am				108
6:00 am				108
7:00 am				108

FIG. 19A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴		+18			+18	18 ⁻⁴⁸⁶					126
9:00 am	126			+18			+18						144
10:00 am	144	1 ⁺⁵⁴		+18	+18		+36		-54			-54	126
11:00 am	126				+18		+18		-54			-54	90
12:00 pm	90	3 ⁺¹⁶²		+54	+18		+72		-54			-54	108
1:00 pm	108			+54			+54		-54			-54	108
2:00 pm	108	1 ⁺⁵⁴		+54	+18		+72		-54			-54	126
3:00 pm	126				+18		+18		-54			-54	90

FIG. 19B

Time	Starting Sugar	Toasts		1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	90	1 ⁺⁵⁴		+18	+18	+36	10 ⁻²⁷⁰	-27			-27	99
5:00 pm	99			+18		+18		-27			-27	90
6:00 pm	90	5 ⁺²⁷⁰		+18	+90	+108		-27	-30		-57	141
7:00 pm	141				+90	+90		-27	-30		-57	174
8:00 pm	174				+90	+90		-27	-30		-57	207
9:00 pm	207							-27	-30		-57	150
10:00 pm	150	1 ⁺⁵⁴		+18		+18			-30		-30	138
11:00 pm	138			+18		+18			-30		-30	126

FIG. 19C

[illegible]

FIG. 20A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
9:00 am	108	2 ⁺¹⁰⁸	+36		+36	12 ⁻¹⁰⁸					108
10:00 am	108		+36		+36		-36			-36	144
11:00 am	144		+36		+36		-36			-36	144
12:00 pm	144					18 ⁻¹⁶²	-36			-36	144
1:00 pm	144	3 ⁺¹⁶²	+54		+54		-54			-54	108
2:00 pm	108		+54		+54		-54			-54	108
3:00 pm	108	1 ⁺⁵⁴	+54	+18	+72	6 ⁻¹⁶²	-54			-54	126
4:00 pm	126			+18	+18		-18			-18	126

FIG. 20B

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
5:00 pm	126					+18	+18		-18			-18	126
6:00 pm	126							18 -162	-18			-18	108
7:00 pm	108	3 +162				+54	+54		-54			-54	108
8:00 pm	108					+54	+54		-54			-54	108
9:00 pm	108					+54	+54	6 -54	-54			-54	108
10:00 pm	108	1 +54				+18	+18		-18			-18	108

FIG. 21A

	Time		Sample Results
Step 1	Time = 8:00 am	Blood sugar reading	180
Step 2	Immediately = 8:00 am	Eat 2 Toasts	
Step 3	+1/2 hour, Time = 8:30 am	Blood sugar reading	198
	+1/2 hour, Time = 9:00 am	Blood sugar reading	215
	+1/2 hour, Time = 9:30 am	Blood sugar reading	234
	+1/2 hour, Time = 10:00 am	Blood sugar reading	250
	+1/2 hour, Time = 10:30 am	Blood sugar reading	270
	+1/2 hour, Time = 11:00 am	Blood sugar reading	288

FIG. 21B

	Time		Your Results
Step 4	Immediately	11:00 am	
	Take 12 units of fast-acting insulin		
Step 5	+1/2 hour, Time =	11:30 am	270
	Blood sugar reading		
	+1/2 hour, Time =	12:00 pm	250
	Blood sugar reading		
	+1/2 hour, Time =	12:30 pm	234
	Blood sugar reading		
	+1/2 hour, Time =	1:00 pm	215
	Blood sugar reading		
	+1/2 hour, Time =	1:30 pm	198
	Blood sugar reading		
	+1/2 hour, Time =	2:00 pm	180
	Blood sugar reading		

FIG. 22

	Time		Original Results	Exercise Results
Step 1	Starting Time 8:00 am	Starting Blood sugar reading	180	144
Step 2	Immediately 8:00 am	Eat 2 toasts		
Step 3	1/2 hour later 8:30 am	Your typical exercise		
		Normal morning activities		
	3 hrs after first reading 11:00 am	Blood sugar reading	288	198

FIG. 23A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108												108
9:00 am	108	2 ⁺¹⁰⁸			+36		+36	12 ⁻¹⁰⁸	-36			-36	108
10:00 am	108				+36		+36		-36			-36	108
11:00 am	108				+36		+36		-36			-36	108
12:00 pm	108												108
1:00 pm	108	3 ⁺¹⁶²			+54		+54	18 ⁻¹⁶²	-54			-54	108
2:00 pm	108				+54		+54		-54			-54	108
3:00 pm	108	1 ⁺⁵⁴			+54	+18	+72	6 ⁻⁵⁴	-54	-18		-72	108

FIG. 23B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	108			+18	+18			-18		-18	108
5:00 pm	108			+18	+18			-18		-18	108
6:00 pm	108					18-162	-54			-54	54
7:00 pm	54	3+162	+54		+54		-54			-54	54
8:00 pm	54		+54		+54		-54			-54	54
9:00 pm	54		-54		-54	6-54	18			-18	90
10:00 pm	90	1+54	+18		+18		-18			-18	90
11:00 pm	90		+18		+18	26(i)	-18			-18	90

FIG. 23C

[illegible]

FIG. 24A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108										108
9:00 am	108	2 ⁺¹⁰⁸	+36		+36	12 -108					144
10:00 am	144		+36		+36		-36			-36	144
11:00 am	144		+36		+36		-36			-36	144
12:00 pm	144						-36			-36	108
1:00 pm	108	3 ⁺¹⁶²	+54		+54	18 -162					162
2:00 pm	162		+54		+54		-54			-54	162
3:00 pm	162	1 ⁺⁵⁴	+54	+18	+72	6 -54	-54			-54	180

FIG. 24B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	180			+18	+18		-54	-18		-72	126
5:00 pm	126			+18	+18			-18		-18	126
6:00 pm	126					18-162		-18		-18	108
7:00 pm	108	3+162	+54		+54		-54			-54	108
8:00 pm	108		+54		+54		-54			-54	108
9:00 pm	108		+54		+54	6-54	-54			-54	108
10:00 pm	108	1+54	+18		+18		-18			-18	108
11:00 pm	108		+18		+18	26(i)	-18			-18	108

FIG. 24C

[illegible]

FIG.25A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108										108
9:00 am	108	2 ⁺¹⁰⁸	+36		+36	12 -108					108
10:00 am	108		+36		+36		-36			-36	144
11:00 am	144		+36		+36		-36			-36	144
12:00 pm	144					18 -162	-36			-36	144
1:00 pm	144	3 ⁺¹⁶²	+54		+54		-54			-54	108
2:00 pm	108		+54		+54		-54			-54	108
3:00 pm	108	1 ⁺⁵⁴	+54 +18		+72	6 -162	-54			-54	126

FIG. 25B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	126			+18	+18		-18			-18	126
5:00 pm	126			+18	+18		-18			-18	126
6:00 pm	126					18 -162	-18			-18	108
7:00 pm	108	3 +162	+54		+54		-54			-54	108
8:00 pm	108		+54		+54		-54			-54	108
9:00 pm	108		-54		-54	6 -54	-54			-54	108
10:00 pm	108	1 +54	+18		+18		-18			-18	108
11:00 pm	108		+18		+18	26 (i)	-18			-18	108

FIG. 25C

[illegible]

FIG.26A




Time	Starting Sugar	Toasts		1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108											108
9:00 am	108	 ⁺¹⁰⁸		+36		+36	12 ⁻¹⁰⁸	36			-36	108
10:00 am	108			+36		+36		36			-36	108
11:00 am	108			+36		+36		36			-36	108
12:00 pm	108											108
1:00 pm	108	 ⁺¹⁶²		+54		+54	18 ⁻¹⁶²	54			-54	108
2:00 pm	108			+54		+54		54			-54	108
3:00 pm	108	 ⁺⁵⁴		+54	+18	+72	6 ⁻⁵⁴	54	18		-72	108

FIG. 26B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	108			+18	+18			-18		-18	108
5:00 pm	108			+18	+18			-18		-18	108
6:00 pm	108										108
7:00 pm	108	3+162	+54		+54	18-162	-54			-54	108
8:00 pm	108		+54		+54		-54			-54	108
9:00 pm	108		+54		+54		-54			-54	108
10:00 pm	108	1+54	+18		+18	6-54	-18			-18	108
11:00 pm	108		+18		+18	26(i)	-18			-18	108

FIG. 26C

[illegible]

FIG.27A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴		+18			+18	18 ⁻⁴⁸					126
9:00 am	126			+18			+18						144
10:00 am	144	1 ⁺⁵⁴		+18	+18		+36		-54			-54	126
11:00 am	126				+18		+18		-54			-54	90
12:00 pm	90	3 ⁺¹⁶²		+54	+18		+72		-54			-54	108
1:00 pm	108			+54			+54		-54			-54	108
2:00 pm	108	1 ⁺⁵⁴		+54	+18		+72		-54			-54	126
3:00 pm	126				+18		+18		-54			-54	90

FIG. 27B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	90	1 ⁺⁵⁴	+18	+18	+36	4 ⁻¹⁰⁸	-27			-27	99
5:00 pm	99		+18		+18		-27			-27	90
6:00 pm	90	3 ⁺¹⁶²	+18	+54	+72		-27	-12		-39	123
7:00 pm	123			+54	+54		-27	-12		-39	138
8:00 pm	138			+54	+54		-27	-12		-39	153
9:00 pm	153						-27	-12		-39	114
10:00 pm	114	1 ⁺⁵⁴	+18		+18			-12		-12	120
11:00 pm	120		+18		+18	26 ⁽ⁱ⁾		-12		-12	126

FIG. 27C

[illegible]

Chart I

FIG.28A

	Line	Time		Your Results
Step 1	1	Time =	Blood sugar reading	
Step 2	2	Immediately	Eat 2 Toasts	
Step 3	3	+1/2 hour, Time =	Blood sugar reading	
	4	+1/2 hour, Time =	Blood sugar reading	
	5	+1/2 hour, Time =	Blood sugar reading	
	6	+1/2 hour, Time =	Blood sugar reading	
	7	+1/2 hour, Time =	Blood sugar reading	
	8	+1/2 hour, Time =	Blood sugar reading	

Chart I

























































































FIG. 28B

Line	Time	Your Results
Step 4	9 Immediately	Take 12 units of fast-acting insulin
Step 5	10 +1/2 hour, Time =	Blood sugar reading
	11 +1/2 hour, Time =	Blood sugar reading
	12 +1/2 hour, Time =	Blood sugar reading
	13 +1/2 hour, Time =	Blood sugar reading
	14 +1/2 hour, Time =	Blood sugar reading
	15 +1/2 hour, Time =	Blood sugar reading

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Chart II


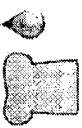
































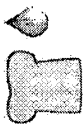





















































FIG.29A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am											
9:00 am											
10:00 am											
11:00 am											
12:00 pm											
1:00 pm											
2:00 pm											
3:00 pm											

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Chart II continued

FIG. 29B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm											
5:00 pm											
6:00 pm											
7:00 pm											
8:00 pm											
9:00 pm											
10:00 pm											
11:00 pm						26(i) 					

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Chart II continued

FIG. 29C

































































































































































Time	Starting Sugar	Toasts			1			2			3			Total	Insulin	1	2	3	Total	Ending Sugar
12:00 am																				
1:00 am																				
2:00 am																				
3:00 am																				
4:00 am																				
5:00 am																				
6:00 am																				
7:00 am																				

Chart III

FIG.30

	Line	Time		Original Results	Exercise Results
Step 1	1	Starting Time	Starting Blood sugar reading		
Step 2	2	Immediately	Eat 2 toasts		
Step 3	3	1/2 hour later	Your typical exercise		
	4		Normal morning activities		
	5	3 hrs after first reading	Blood sugar reading		

FIG.31a

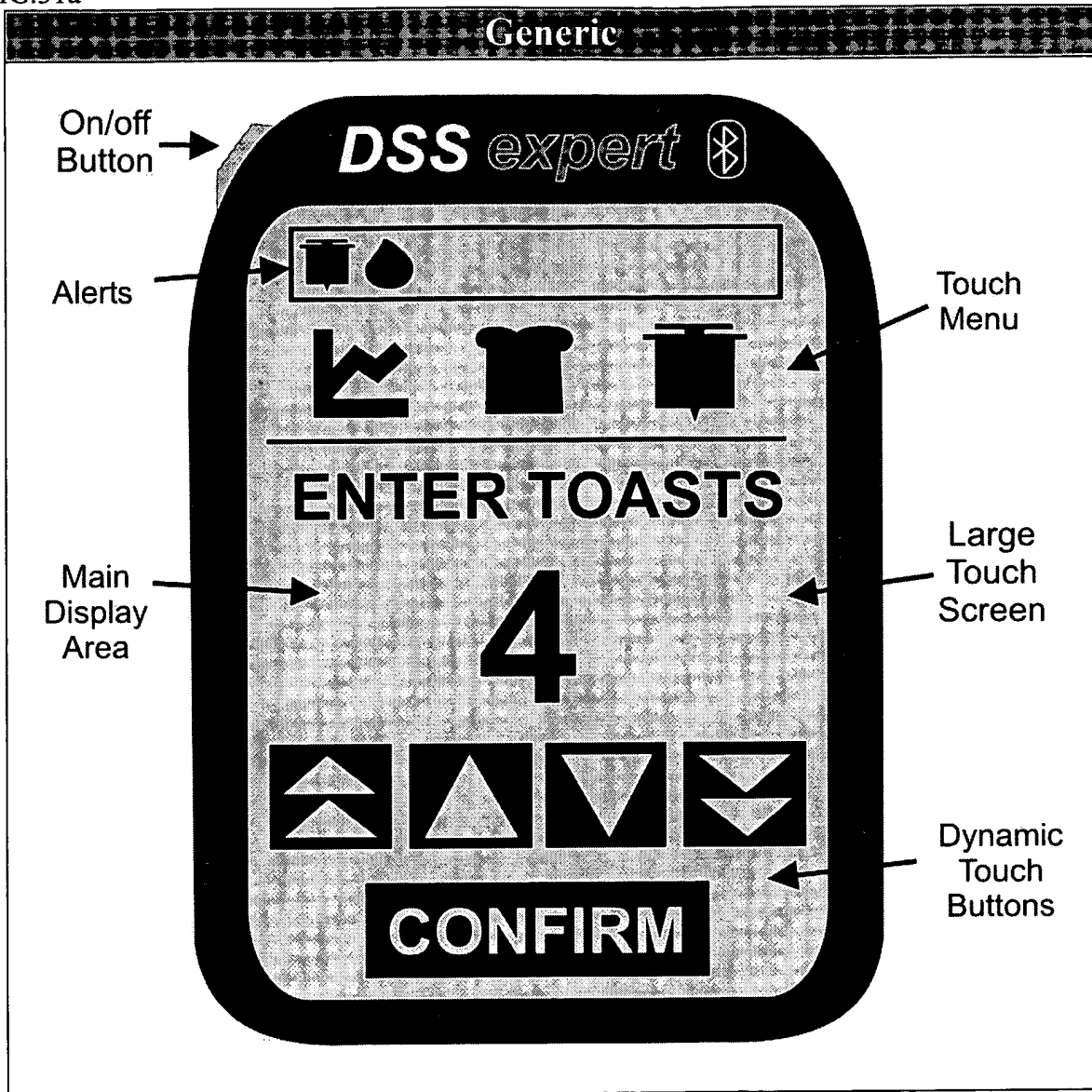


FIG. 31b

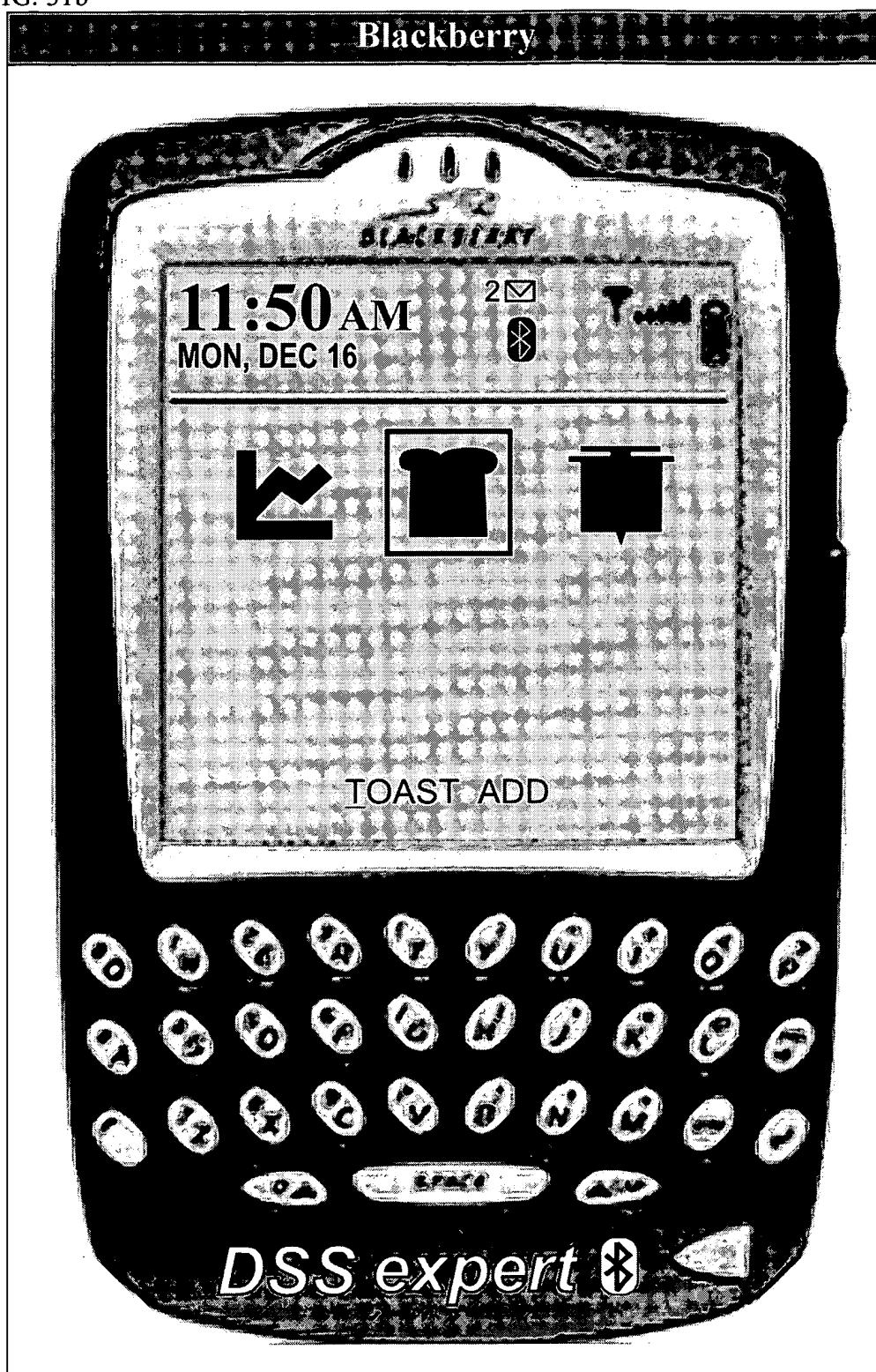


FIG. 31c

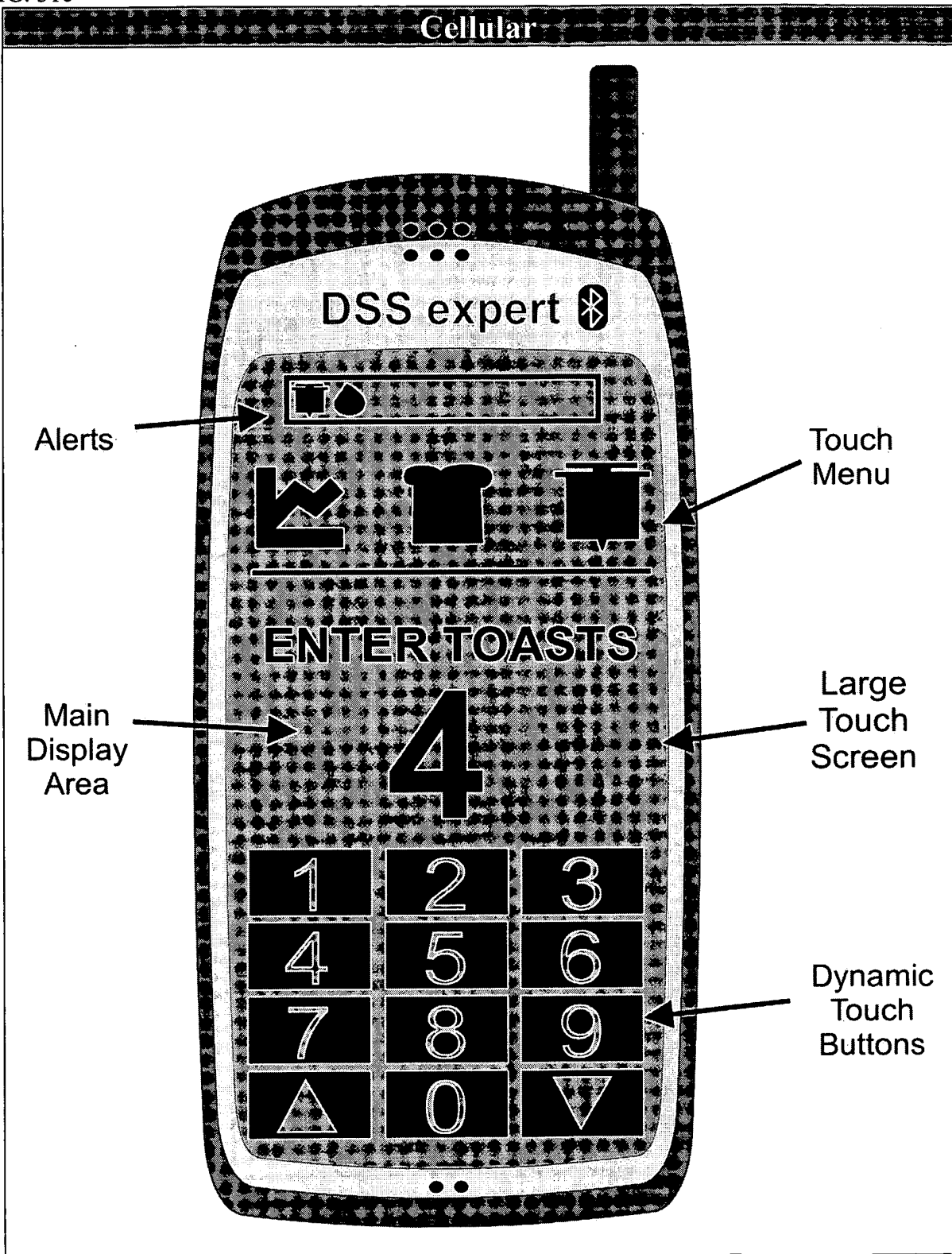


FIG. 31d

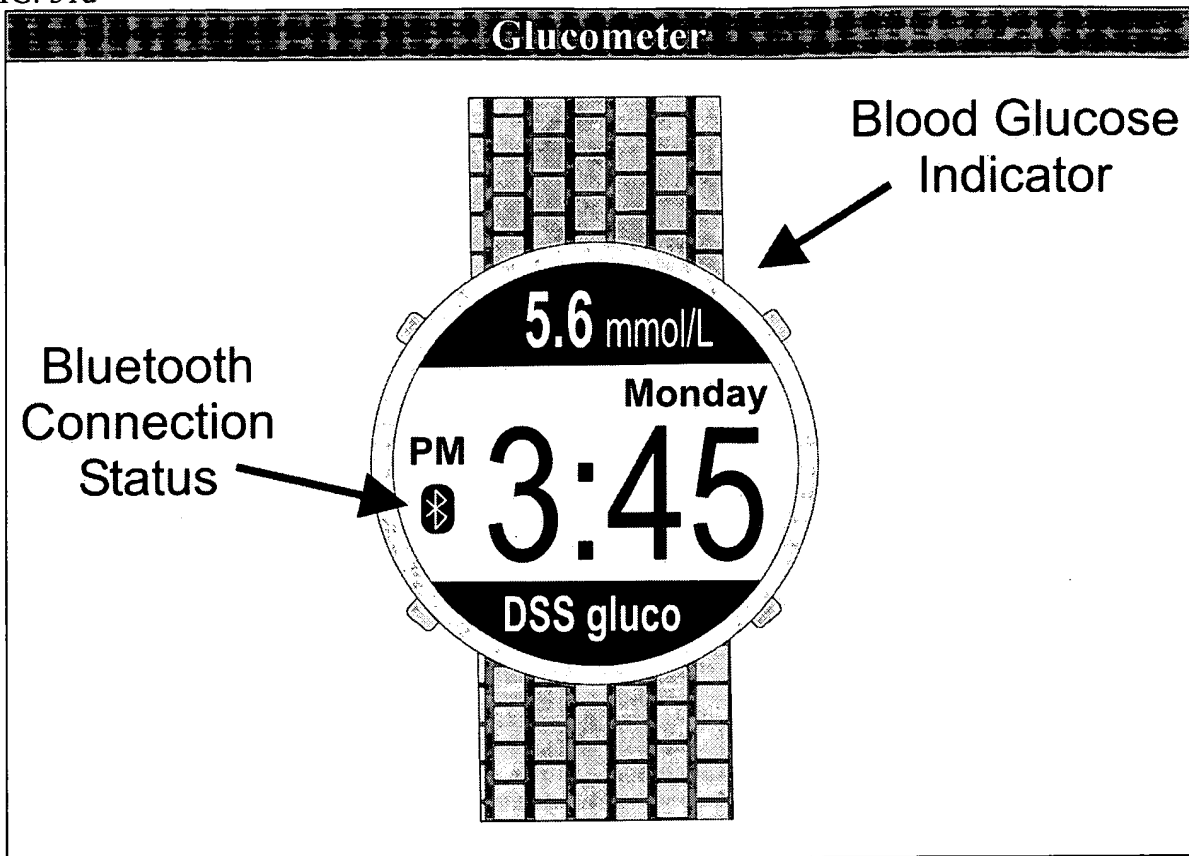
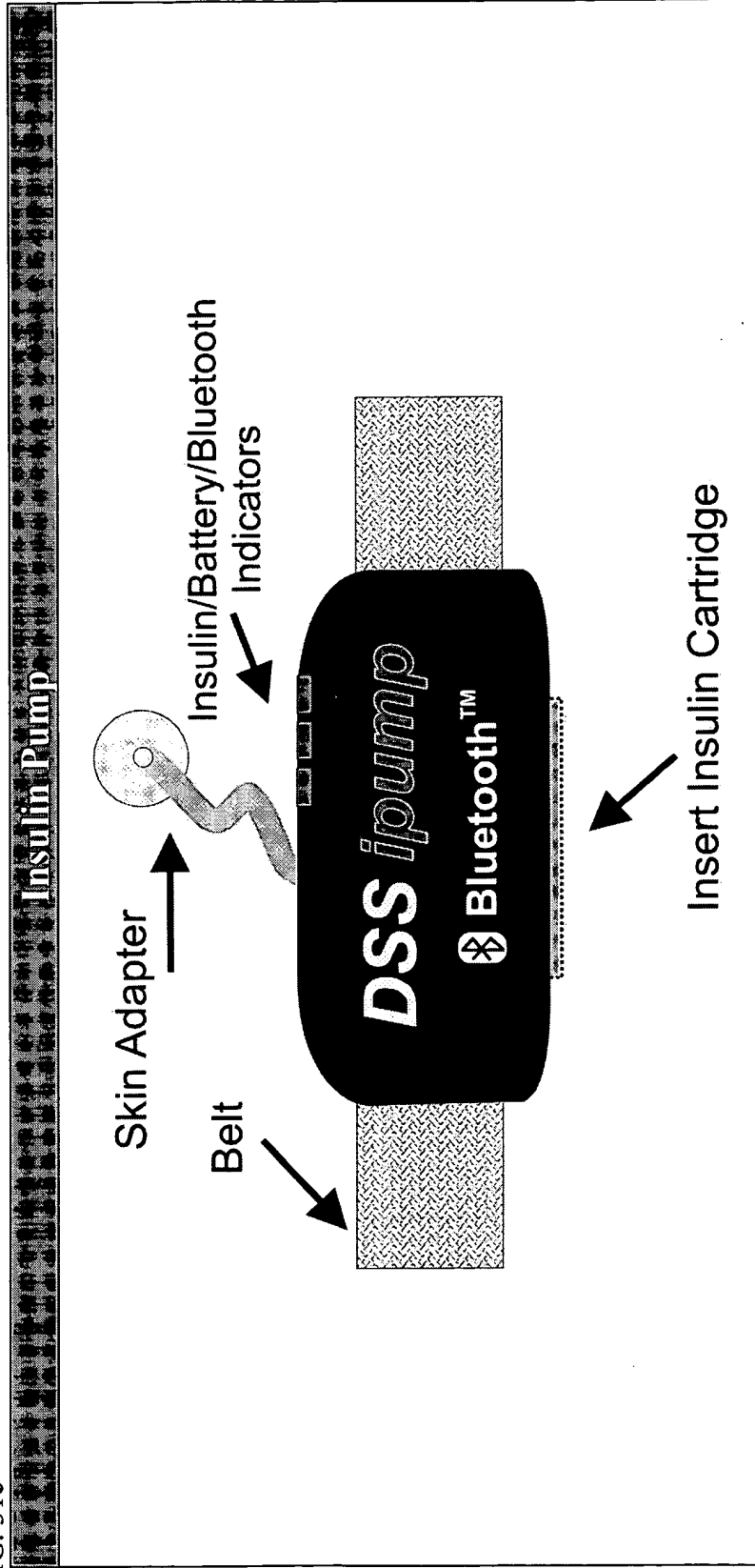


FIG. 31e



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